



Government of the Republic of Trinidad and Tobago

Ministry of Community Development,
Culture and the Arts

Community Mediation Services Division

HOW TO MANAGE YOUR **ANGER**

Managing your anger is the ability to control angry emotions in order to act (or react) in one's best interest. The skill has been broken down into four behavioral steps below.

1 TUNE IN TO YOUR BODY

Become more aware of physical signs of tension, such as the tensing of muscles, so that you can stop the anger before it develops any further.

2 CALM DOWN

Being able to stay in control when we notice ourselves getting angry is a powerful skill. Use techniques like breathing deeply to relax or visualizing a peaceful scene to release tension.

3 USE SELF-TALK TO SEE THINGS DIFFERENTLY.

The same situation will produce different emotions if you change your perspective and decide how to react. Tell yourself, "Hold on now, I may not LIKE this, but I CAN stand it."

4 CONSIDER AND CHOOSE THE BEST BEHAVIOR OPTIONS.

After you calm down (and can think more clearly), remind yourself that you have CHOICES of actions. Think about possible consequences, weigh the risks versus the gains, and choose a behavior that will work best for YOU in the short and long term.

*Contact the Community
Mediation Services Division
at 225-4267 for more tips on
anger management.*

Anger Myths

DEBUNKED

- | | | | |
|---|--|------|-------|
| 1. Anger is an uncontrollable reaction. | <table border="1"><tr><td>True</td><td>False</td></tr></table> | True | False |
| True | False | | |
| 2. Anger is a bad emotion. | <table border="1"><tr><td>True</td><td>False</td></tr></table> | True | False |
| True | False | | |
| 3. Anger needs to be unleashed for it to go away. | <table border="1"><tr><td>True</td><td>False</td></tr></table> | True | False |
| True | False | | |
| 4. Ignoring anger will make it go away. | <table border="1"><tr><td>True</td><td>False</td></tr></table> | True | False |
| True | False | | |
| 5. Anger is caused by other emotions. | <table border="1"><tr><td>True</td><td>False</td></tr></table> | True | False |
| True | False | | |
| 6. You can't control anger. | <table border="1"><tr><td>True</td><td>False</td></tr></table> | True | False |
| True | False | | |
| 7. If I don't get angry, people will think I am a pushover. | <table border="1"><tr><td>True</td><td>False</td></tr></table> | True | False |
| True | False | | |
| 8. It is easy to tell if someone has an anger problem. | <table border="1"><tr><td>True</td><td>False</td></tr></table> | True | False |
| True | False | | |
| 9. Angry people are aggressive. | <table border="1"><tr><td>True</td><td>False</td></tr></table> | True | False |
| True | False | | |
| 10. Punching a wall/pillow and similar activities helps you get rid of anger. | <table border="1"><tr><td>True</td><td>False</td></tr></table> | True | False |
| True | False | | |

Total

How Many Did You Get Right?



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WHAT YOU NEED TO KNOW ABOUT COMMUNITY MEDIATION SERVICES DIVISION'S PARENTAL SUPPORT GROUPS



The Community Mediation Services Division currently hosts seven Parental Support Groups and one Men's Support Group, all of which are free of charge to all citizens.

These groups equip parents and guardians with information and help build skills that improve confidence and competence in child-rearing. By supporting parents, these groups enhance the quality of family life in communities across the nation.

Our PSG Meetings are held monthly at the following centers:

Arima - last Tuesday of every month at 5pm

Men's Support Group 3rd Wednesday of every month
667-0266/ 667-5086

Toco - 2nd Wednesday of every month at 5pm
667-0266/ 667-5086

Port of Spain - 3rd Tuesday of every month at 4:30pm
625-6768/ 225-4267

San Juan - last Thursday of every month at 5pm
638-8133

Cunupia - last Wednesday of every month at 5pm
693-2342/ 693-2568/ 693-2831

Point Fortin - 3rd Thursday of every month at 5pm
648-2888/ 648-2810

Penal - Last Tuesday of every month at 4pm
648-2888

Primary Emotion Argument

List of Emotions

Primary emotion	Secondary emotion	Tertiary emotions
Love	Affection	Adoration, affection, love, fondness, liking, attraction, caring, tenderness, compassion, sentimentality
	Lust	Arousal, desire, lust, passion, infatuation
	Longing	Longing
Joy	Cheerfulness	Amusement, bliss, cheerfulness, gaiety, glee, jolliness, joviality, joy, delight, enjoyment, gladness, happiness, jubilation, elation, satisfaction, ecstasy, euphoria
	Zest	Enthusiasm, zeal, zest, excitement, thrill, exhilaration
	Contentment	Contentment, pleasure
	Pride	Pride, triumph
	Optimism	Eagerness, hope, optimism
	Enthrallment	Enthrallment, rapture
	Relief	Relief
Surprise	Surprise	Amazement, surprise, astonishment
Anger	Irritation	Aggravation, irritation, agitation, annoyance, grouchiness, grumpiness
	Exasperation	Exasperation, frustration
	Rage	Anger, rage, outrage, fury, wrath, hostility, ferocity, bitterness, hate, loathing, scorn, spite, vengefulness, dislike, resentment
	Disgust	Disgust, revulsion, contempt
	Envy	Envy, jealousy
	Torment	Torment
Sadness	Suffering	Agony, suffering, hurt, anguish
	Sadness	Depression, despair, hopelessness, gloom, glumness, sadness, unhappiness, grief, sorrow, woe, misery, melancholy
	Disappointment	Dismay, disappointment, displeasure
	Shame	Guilt, shame, regret, remorse
	Neglect	Alienation, isolation, neglect, loneliness, rejection, homesickness, defeat, dejection, insecurity, embarrassment, humiliation, insult
	Sympathy	Pity, sympathy
Fear	Horror	Alarm, shock, fear, fright, horror, terror, panic, hysteria, mortification
	Nervousness	Anxiety, nervousness, tenseness, uneasiness, apprehension, worry, distress, dread

Secondary Emotion Argument

Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.

The diagram illustrates the 'Anger Iceberg' concept. It features a large iceberg floating in a dark blue ocean. The tip of the iceberg, which is above the water line, is labeled 'Angry'. The much larger portion of the iceberg, which is submerged below the water line, contains a word cloud of various secondary emotions. Two circles are drawn on the diagram: one on the visible tip and another on the submerged portion. Lines from the explanatory text on the left and right point to these respective areas.

Angry

embarrassed scared grief
shame tricked overwhelmed
frustrated depressed disgusted
distrustful grumpy stressed
attacked rejected helpless
guilt trapped nervous anxious
trauma annoyed exhausted envious
disrespected unsure offended
disappointed lonely worried insecure
uncomfortable regret hurt

TESTING YOUR ANGER CONTROL

Answering the following statements and add up your total score. Circle 1 for *never*. Circle 2 for *rarely*. Circle 3 for *sometimes*. Circle 4 for *frequently*. Circle 5 for *always*.

1. I get angry with little or no provocation.
1 2 3 4 5
2. I have a really bad temper.
1 2 3 4 5
3. It's hard for me to let go of thoughts that make me angry.
1 2 3 4 5
4. When I become angry, I have urges to beat someone up.
1 2 3 4 5
5. When I become angry, I have urges to break or tear things.
1 2 3 4 5
6. I get impatient when people don't understand me.
1 2 3 4 5
7. I lose my temper at least once a week.
1 2 3 4 5
8. I embarrass family, friends, or coworkers with my anger outbursts.
1 2 3 4 5
9. I get impatient when people in front of me drive *exactly* the speed limit.
1 2 3 4 5
10. When my neighbors are inconsiderate, it makes me angry.
1 2 3 4 5
11. I find myself frequently annoyed with certain friends or family.
1 2 3 4 5
12. I get angry when people do things that they are not supposed to, like smoking in a no smoking section or having more items than marked in the supermarket express checkout lane.
1 2 3 4 5
13. There are certain people who always rub me the wrong way.
1 2 3 4 5

14. I feel uptight/tense.
1 2 3 4 5
15. I yell and/or curse.
1 2 3 4 5
16. I get so angry I feel like I am going to explode with rage.
1 2 3 4 5
17. I get easily frustrated when machines/equipment do not work properly.
1 2 3 4 5
18. I remember people and situations that make me angry for a long time.
1 2 3 4 5
19. I can't tolerate incompetence. It makes me angry.
1 2 3 4 5
20. I think people try to take advantage of me.
1 2 3 4 5

TOTAL: _____

Score Key:

80-100- Your anger expression is likely getting you into serious trouble with others. It would probably be worthwhile to seek professional help.

60-80- You *may* not need professional help but you need to work on controlling your anger in a very deliberate manner.

50-60- You have plenty of room for improvement. Reading a self help book on anger control could be beneficial

30-50- You're probably getting angry as often as most people. Monitor your episodes of temper and see if you can lower your score on this test in 6 months.

Below 30- Congratulate yourself. You are likely in a good comfort zone.

What's Your Anger Style?

Anger comes in three basic styles. We may switch styles depending on who or what is triggering our anger, but most of us lean to one style or another. Check the boxes that describe your anger style and use the blank lines to add any other appropriate descriptions.

Lock it up!

BEHAVIOR

- | | |
|--|---|
| <input type="checkbox"/> withdraw emotionally | <input type="checkbox"/> deny anger, but show it in other actions |
| <input type="checkbox"/> give the "silent treatment" | <input type="checkbox"/> _____ |
| <input type="checkbox"/> become ill or anxious | <input type="checkbox"/> _____ |

REASONS

- | | |
|--|--|
| <input type="checkbox"/> I don't have the right to be angry. | <input type="checkbox"/> I may lose my job, or a relationship. |
| <input type="checkbox"/> Anger is inappropriate or childish. | <input type="checkbox"/> I fear I will hurt or offend someone. |
| <input type="checkbox"/> I may lose control of myself. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I can't cope with strong feelings. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> People will dislike me if I show anger. | <input type="checkbox"/> _____ |



Turn it loose!

BEHAVIOR

- | | |
|---|--|
| <input type="checkbox"/> blowing up at people | <input type="checkbox"/> flying off the handle at small things |
| <input type="checkbox"/> getting physical or hurting people | <input type="checkbox"/> bringing up old grievances |
| <input type="checkbox"/> threatening, shouting or swearing | <input type="checkbox"/> _____ |
| <input type="checkbox"/> blaming people | <input type="checkbox"/> _____ |
| <input type="checkbox"/> breaking things | <input type="checkbox"/> _____ |

REASONS

- | | |
|---|--|
| <input type="checkbox"/> I need to assert my power over people. | <input type="checkbox"/> The best defense is a good offense. |
| <input type="checkbox"/> I'm afraid of getting close to someone. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I can't stand to be wrong. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I don't know how to communicate calmly when angry. | <input type="checkbox"/> _____ |

Manage it!

BEHAVIOR

- | | |
|---|--|
| <input type="checkbox"/> remaining calm | <input type="checkbox"/> allowing discussion to happen |
| <input type="checkbox"/> focusing on the behavior, not the person | <input type="checkbox"/> _____ |
| <input type="checkbox"/> using "I" statements: "I feel angry when..." | <input type="checkbox"/> _____ |
| <input type="checkbox"/> sticking to the subject | <input type="checkbox"/> _____ |

REASONS

- | | |
|---|--------------------------------|
| <input type="checkbox"/> Anger is a normal emotion—it's OK to be angry. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> When I'm angry, I want to solve the problem that's causing my anger. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I want to be able to express anger appropriately. | <input type="checkbox"/> _____ |

